



Meditation

Come and experience the refreshing practice of simply being present through sitting and walking meditation. The traditional technique known as *Shamatha*, or 'peaceful abiding', will be introduced by an experienced instructor. A brief orientation/instruction will be given at the beginning of each session, followed by silent practice.

Everyone is welcome!

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On Tuesdays, 12:15-1:15 pm
Room Z-05, 2090 Mackay

For more information, please contact:
chaplaincy@concordia.ca



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